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We CLAIM:

- 1. A method of selectively disrupting a red blood cell, the method comprising the steps of:
 (a) providing a red blood cell; (b) electrosensitising said red blood cell; and (c) disrupting said red blood cell by subjecting said red blood cell to ultrasound.
- 5 2. The a method according to claim 1, wherein said electrosensitizing comprises the step of applying an electric pulse to a red blood cell.
 - 3. The method or use according to claim 2, wherein said electric pulse is in the range of 0.1kVolts/cm to 10 kVolts/cm under *in vitro* conditions.
 - 4. The method according to claim 1, further comprising the step of loading the red blood cell with an agent.
 - 5. The method according to claim 4, in which the sensitisation of the red blood cell precedes the loading of the agent.
 - 6. The method or use according to claim 4, in which the loading of the agent precedes the sensitisation of the red blood cell.
 - 7. The method according to claim 4, in which the sensitisation of the red blood cell and the loading of the agent are simultaneous.
 - 8. A method for selectively releasing an agent from a red blood cell comprising the steps of:(a) loading a red blood cell with an agent;
 - (b) electrosensitising the red blood cell; and
- (c) causing the agent to be released from the sensitised red blood cell by applying ultrasound at a frequency and energy sufficient to cause disruption of the red blood cell but insufficient to cause disruption of unsensitised red blood cells.
 - 9. The method according to claim 7, in which the electrosensitisation procedure is an *in vitro* or *ex-vivo* procedure.

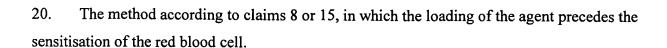
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- 10. The method according to claim 7, in which the electrosensitisation comprises the step of applying an electric field to a red blood cell.
- 11. The method according to claim 10, in which the electric pulse is from about 0.1kVolts/cm to about 10 kVolts/cm under *in vitro* conditions.
- 5 12. The method according to claim 3 or 11, in which the electric pulse is applied for between 1µs and 100 milliseconds.
 - 13. The method according to claim 1 or 8, in which the ultrasound is selected from the group consisting of diagnostic ultrasound, therapeutic ultrasound and a combination of diagnostic and therapeutic ultrasound.
 - 14. The method according to claim 13, in which the applied ultrasound energy source is at a power level of from about 0.05W/cm² to about 100W/cm².
 - 15. A method for delivering an agent to a target site in a vertebrate, comprising the steps of:
 - (a) loading a red blood cell with an agent;
 - (b) electrosensitising the red blood cell;
 - (c) introducing the red blood cell into a vertebrate; and
 - (d) causing the agent to be released from the sensitised red blood cell by applying ultrasound at a frequency and energy sufficient to cause disruption of the red blood cell but insufficient to cause disruption of unsensitised red blood cells.
 - 16. The method according to claim 15, in which the red blood cell of step (c) comprises polyethylene glycol on its surface.
 - 17. The method according to claim 15, in which the vertebrate is a mammal.
 - 18. The method according to claim 8 or 15, in which the loading of the agent is simultaneous with the sensitisation of the red blood cell.
- 19. The method according to of claim 8 or 15, in which the sensitisation of the red blood cell precedes the loading of the agent.

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- 21. The method according to claim 4, 8 or 15, in which the loading is performed by a procedure selected from a group consisting of electroporation, sonoporation, microinjection, membrane intercalation, microparticle bombardment, lipid-mediated transfection, viral infection, osmosis, osmotic pulsing, diffusion, endocytosis, and crosslinking to a red blood cell surface component.
- A method or use according to any preceding claim, in which the agent is, a polypeptide or 22. a nucleic acid, a virus.
- 10 The method according to claim 22, in which the agent is combined with an imaging agent. 23.

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